

ONE FALL CAN CHANGE IT ALL



ACT NOW. LEARN HOW

Did you know...


- in BC, one in three older adults falls each year
- falls can be life altering and impact your quality of life and independence
- most falls among older adults occur at home
- some falls are preventable

REDUCE YOUR RISK!

- Monitor and improve strength, balance and flexibility through regular exercise
- Be aware and adjust to your surroundings
- Eat healthy and stay hydrated
- Get your eyes, ears, feet and medications checked regularly
- Make your home safer from slip and trip hazards
- Stay connected to others

TAKE PREVENTATIVE STEPS!

- Keep a phone or alert system within reach at all times and store frequently used items within easy access
- Maintain clean, clutter-free paths, use only non-slip rugs and clean spills promptly
- Enhance lighting near your bed, at the top and bottom of the stairs and in the bathroom
- Install grab bars in the shower/tub and near the toilet, and consider a shower chair
- Ensure easy bed access and keep walking aids nearby



Exercising can help maintain strength and balance! Try to incorporate some form of intentional movement every day!



Talk to your medical professional about how you can reduce your risk of falling!